## ABSTRACT OF THE DISCLOSURE

5

A food and exercise calculating aid enables an individual to quickly determine how much of a selected exercise is necessary to burn off the calories consumed by a selected food item. Nutritional information for various food items and metabolic equivalent information for various exercises are stored in memories. The user accesses the memories for selected foods and exercises, as well as for the user's weight, and the aid calculates the exercise time duration necessary for the selected food.